

MAKING SPACE

**For sustained productivity
in the digital age**

Keynote with

Daniel Sih



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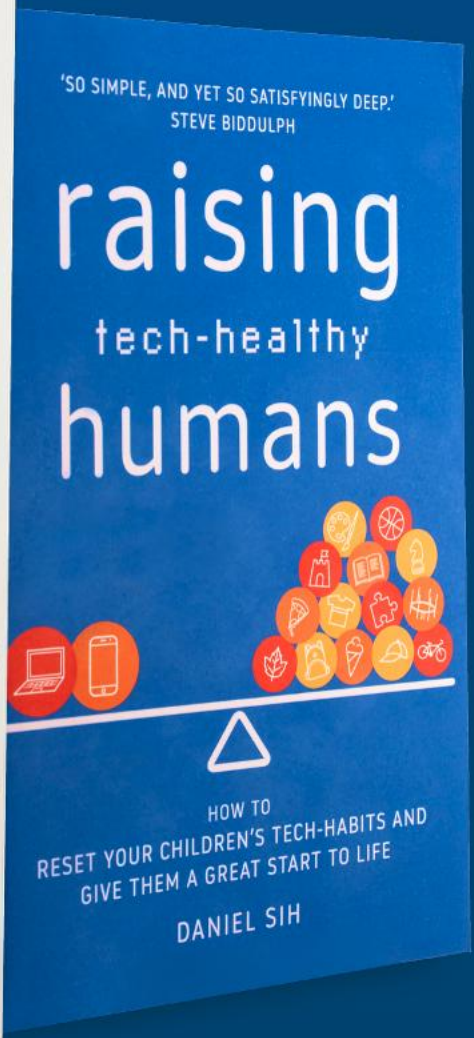
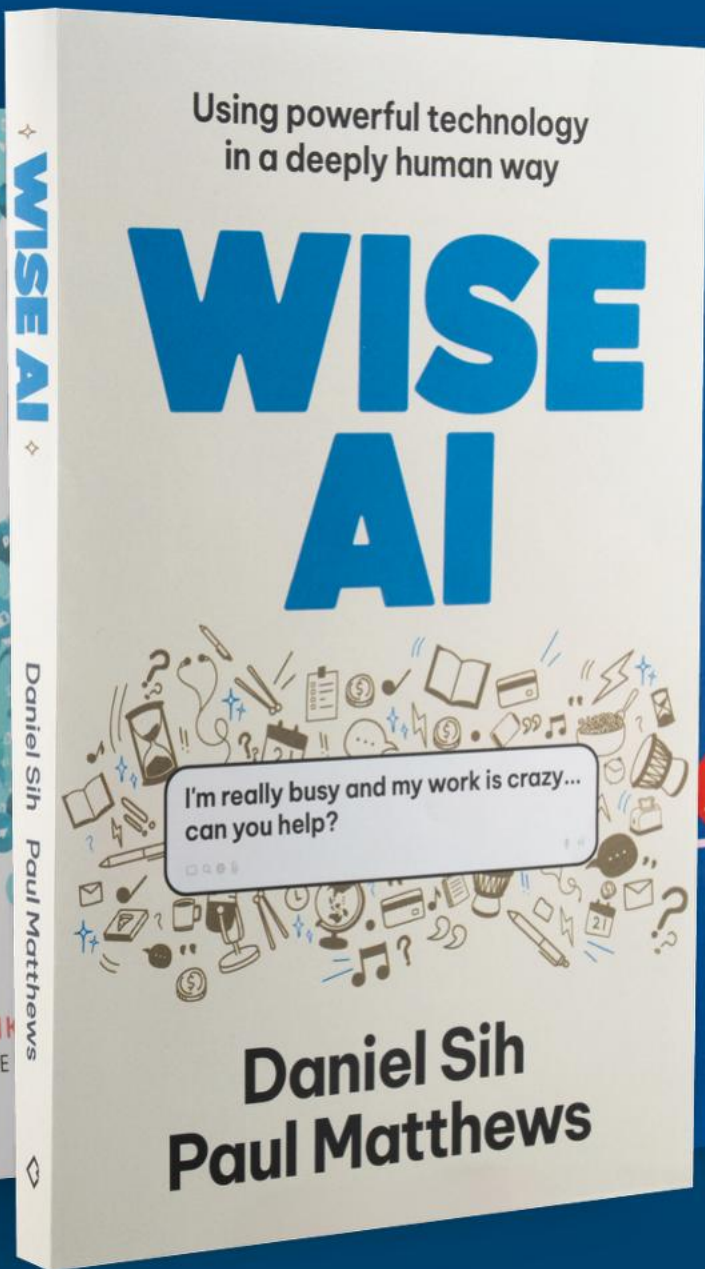
spacemakers®

SHIFT THE WAY YOU WORK



AUSTRALIAN
**BUSINESS
BOOK AWARDS**
BEST TECHNOLOGY
BOOK
FINALIST
2021

AUSTRALIAN
**BUSINESS
BOOK AWARDS**
BEST PERSONAL
DEVELOPMENT BOOK
2021





**TOP TASSIE
PODCAST IN
2025**







The world we inhabit is:

- B** Brittle
- A** Anxious
- N** Non-linear
- I** Incomprehensible

—*Jamais Cascio*





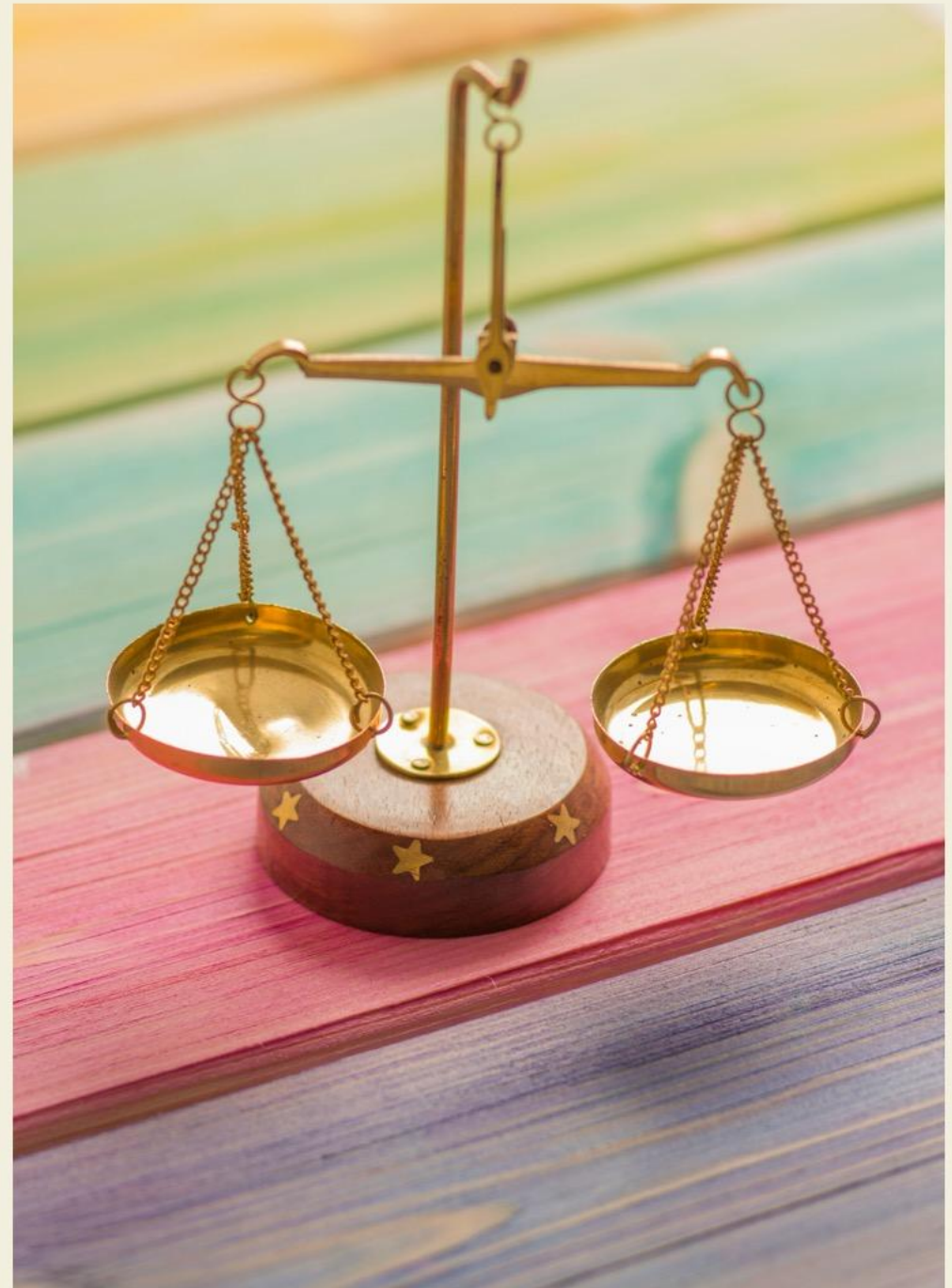
“There’s so much change happening right now. Honestly, I feel exhausted ...”

– Bernadette, Manager –



Work?

Life?



**You can't
outrun
busyness...**



**Nor can you
ignore
the workload...**



The Paradox Mindset:

**Productivity and Wellbeing
are two sides of the same
coin.**

**It's not either/or – it's
both/and.**





40	GRAVE	42
44	LARGO	46
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PRODUCTIVITY

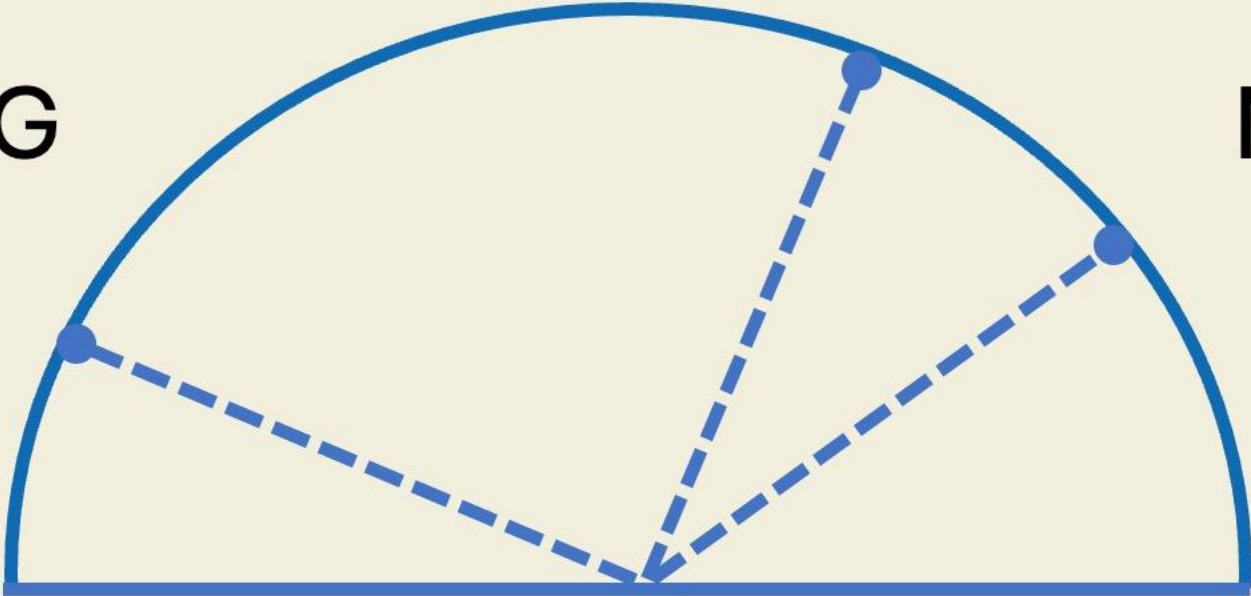
WELLBEING

**KEEPING
PACE**

**MAKING
SPACE**

AI

OI





The power of both/and thinking in an overflowing glass world.



The paradox of technology and productivity.



The paradox of artificial intelligence and organic intelligence.



The choice to keep pace and make space – one experiment at a time.



Let's hear from you...



Join at slido.com
#3792952





If you were given 2 hours of unbusy, guilt-free space this week just for yourself, how would you use this time?



If you were given 2 hours of focused, interruption-free space this week to do your best work, how would you use it?

WHAT IS PRODUCTIVITY?



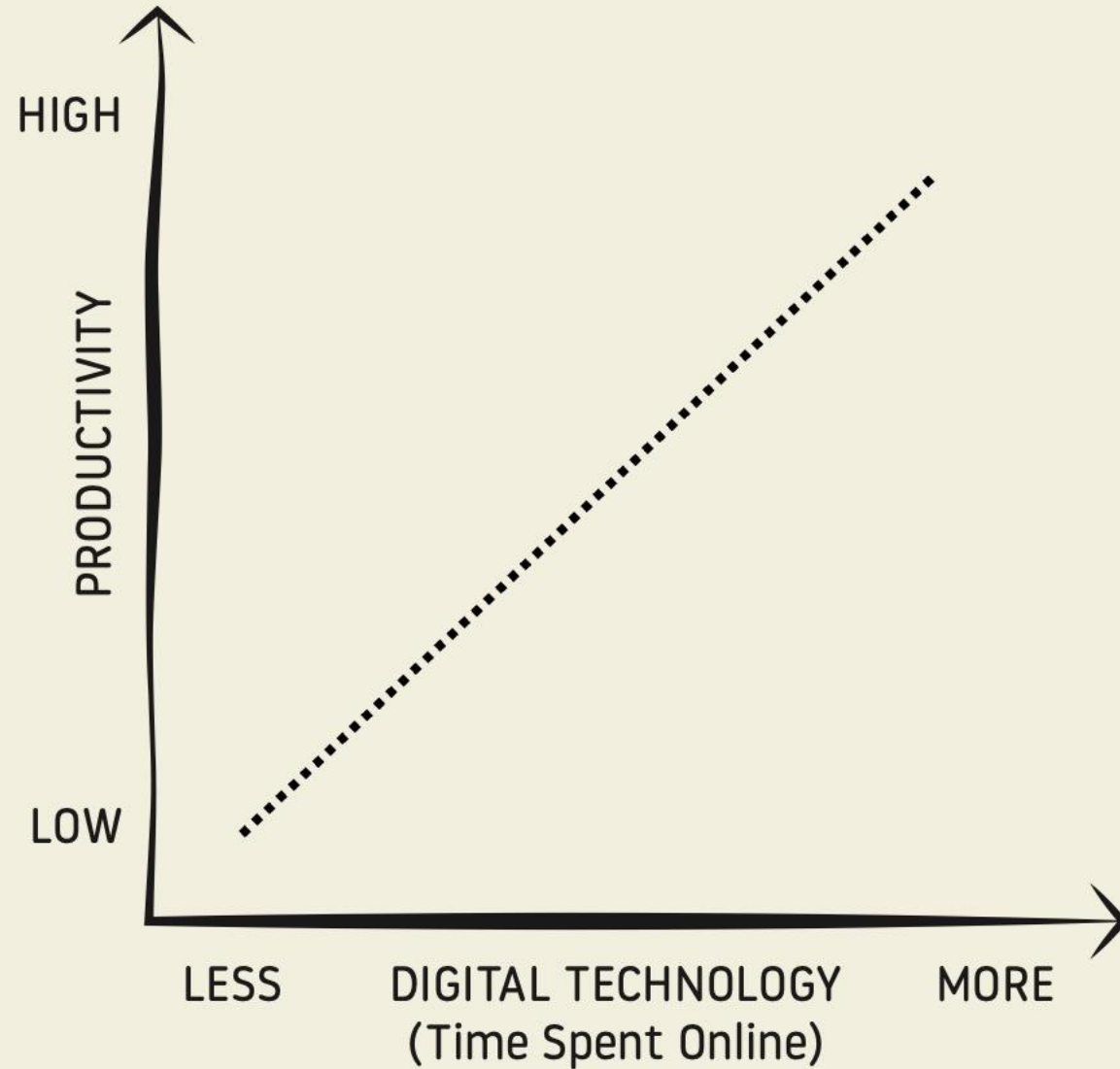
DO
MORE.



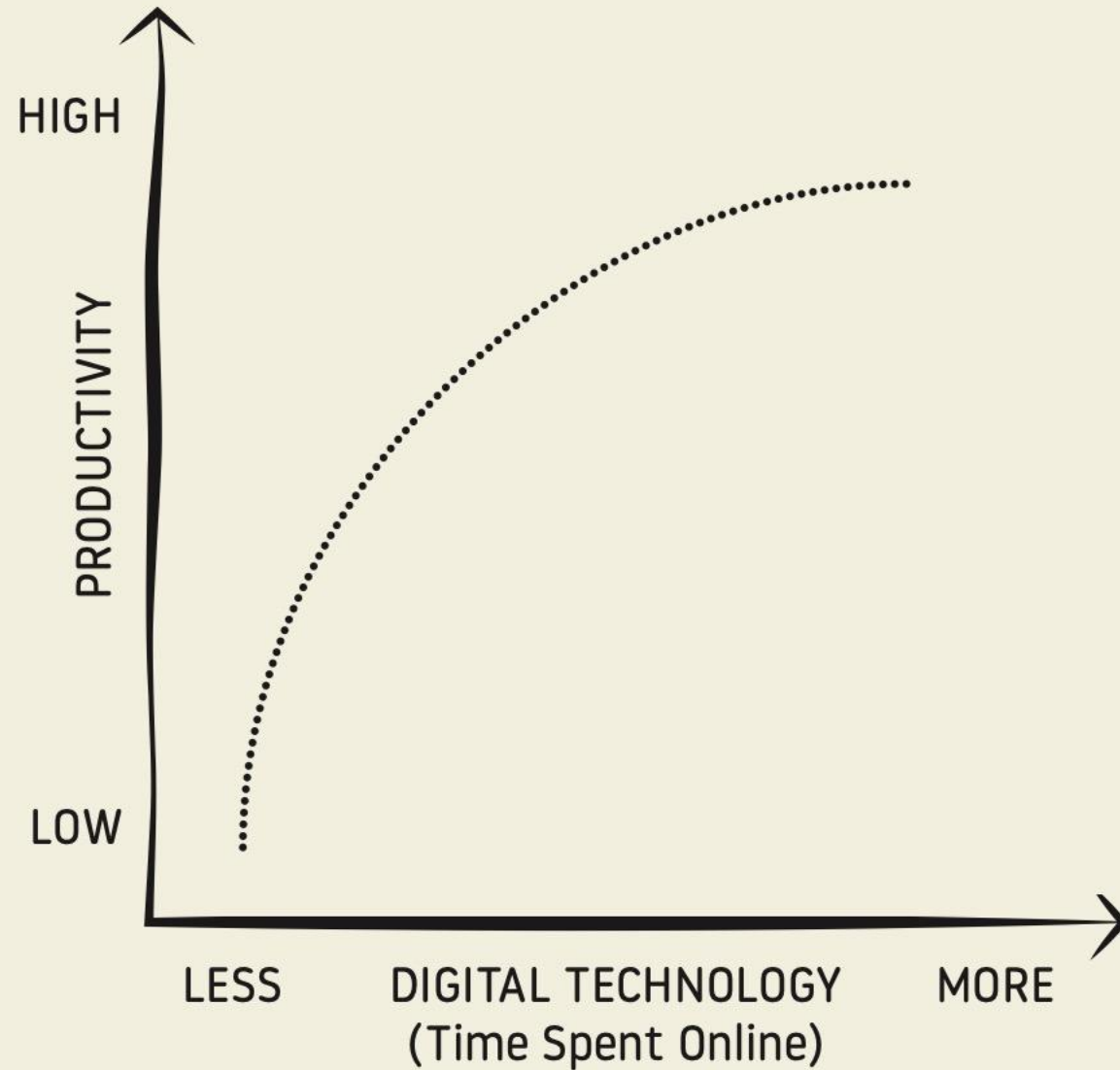
TECHNOLOGY AND PRODUCTIVITY



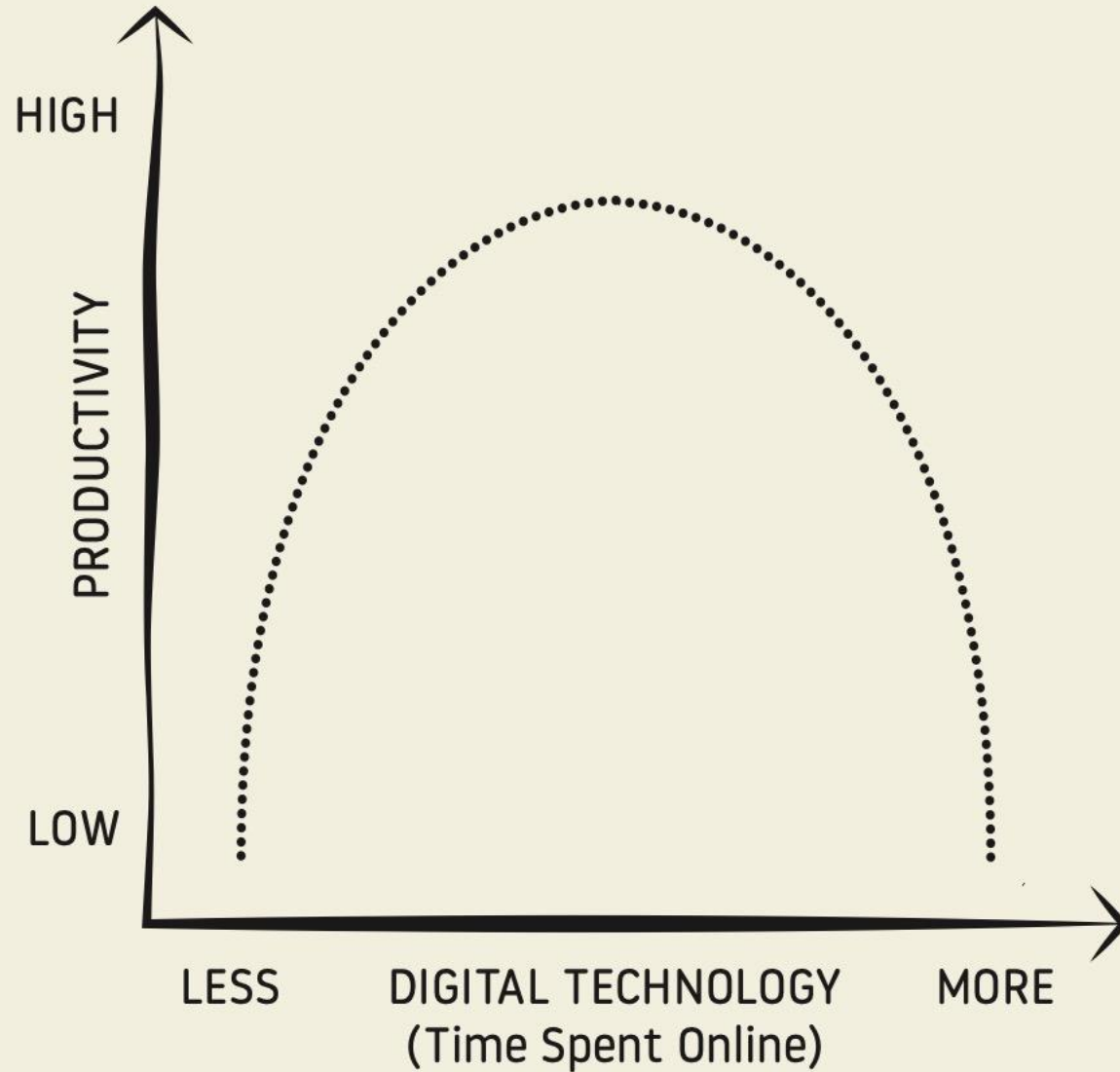
RELATIONSHIP BETWEEN TECH AND PRODUCTIVITY



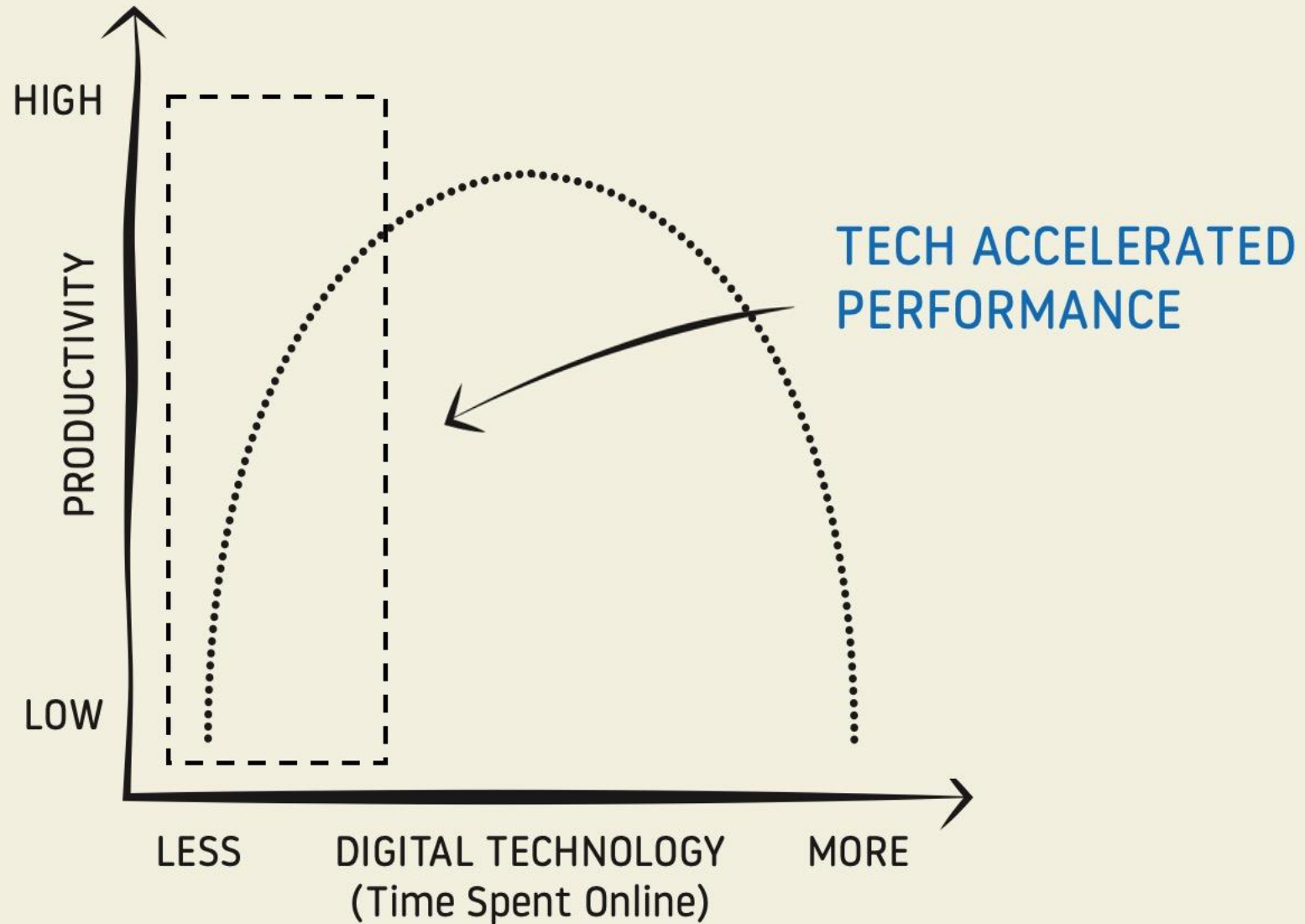
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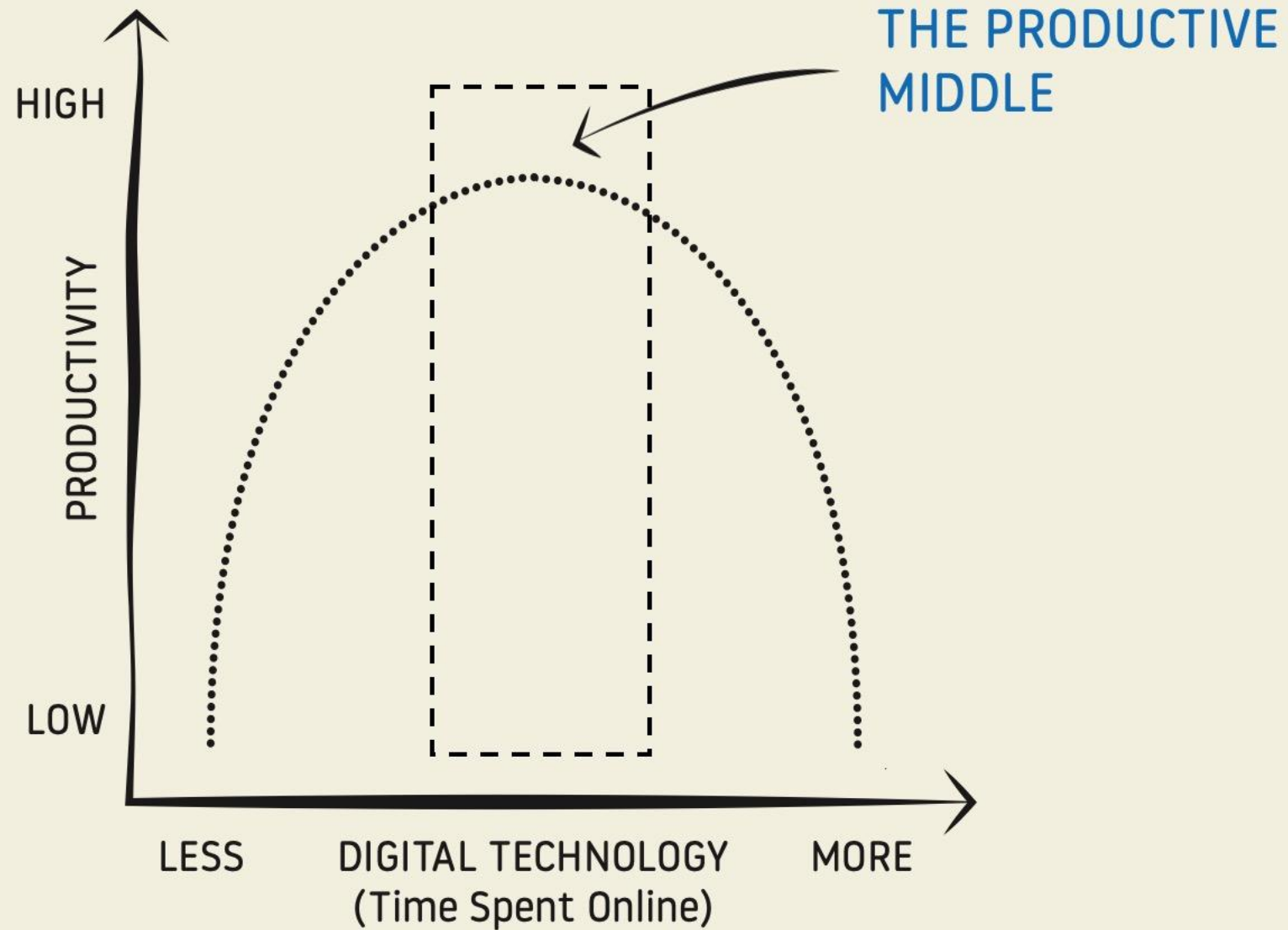
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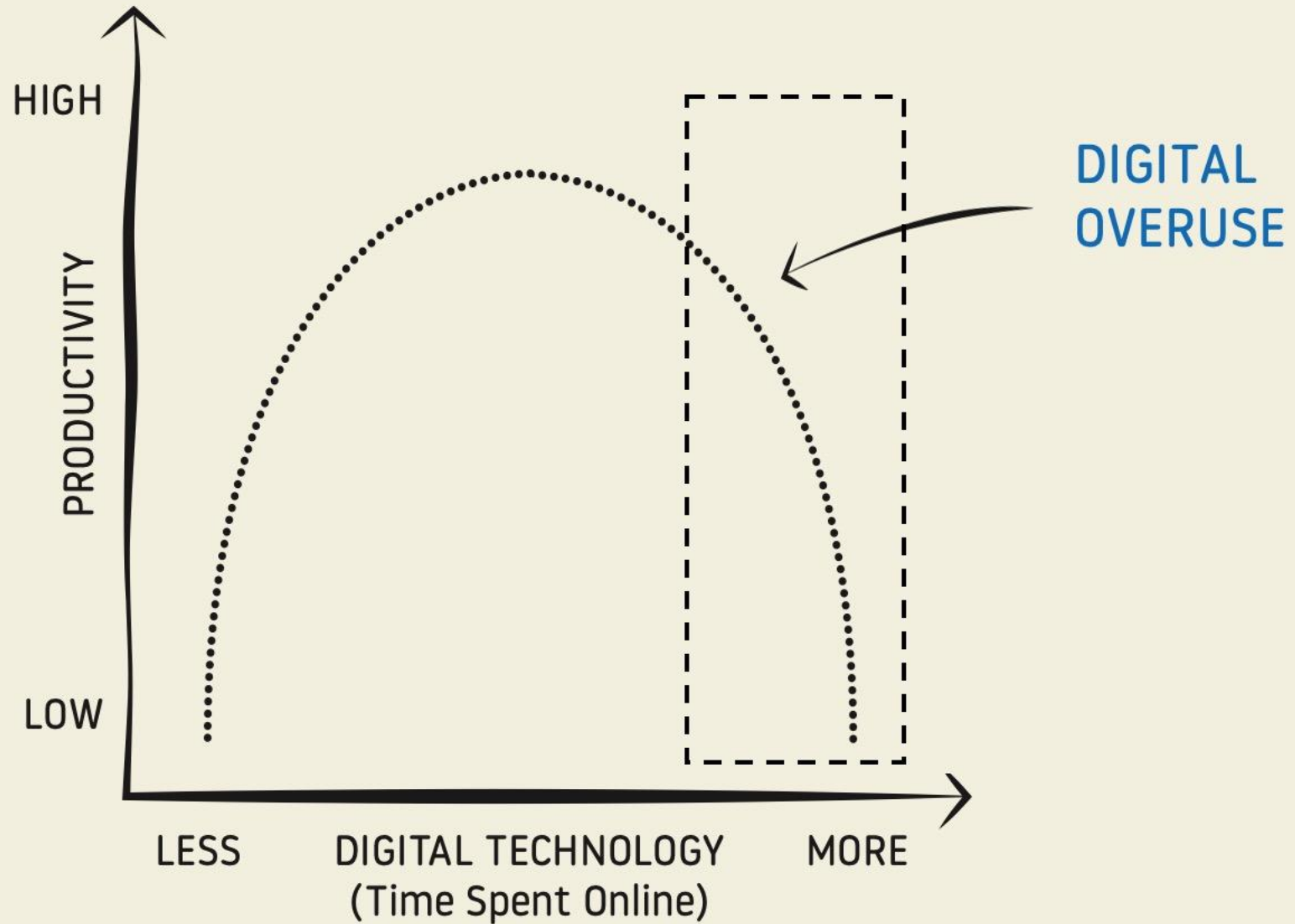
RELATIONSHIP BETWEEN TECH AND PRODUCTIVITY



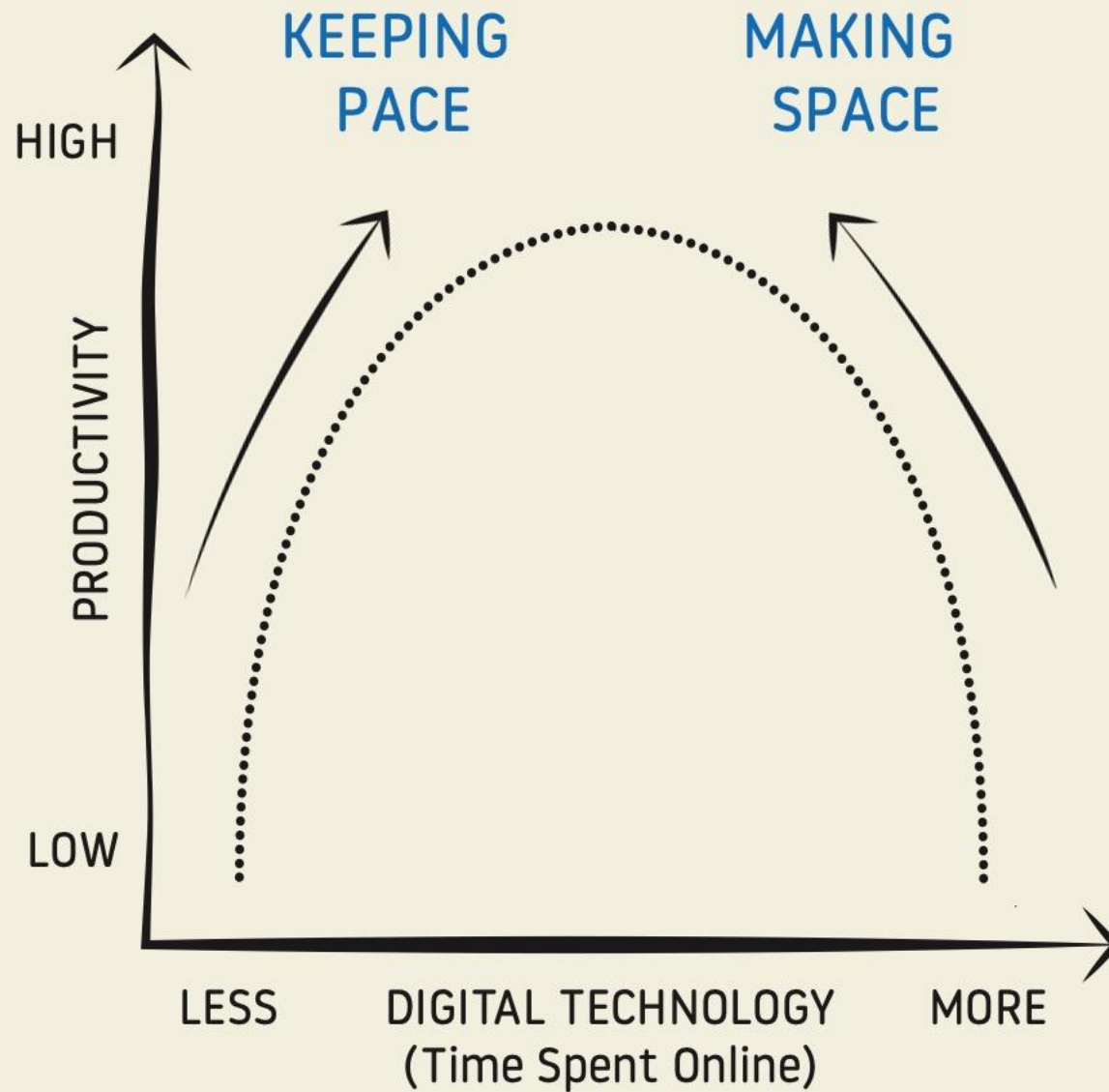
RELATIONSHIP BETWEEN TECH AND PRODUCTIVITY



RELATIONSHIP BETWEEN TECH AND PRODUCTIVITY



RELATIONSHIP BETWEEN TECH AND PRODUCTIVITY



KEEPING PACE

GENERATIVE AI

large language model AI
to support teaching practices

EDUCATIONAL SYSTEMS

learning management systems
+ school-specific programs

PERSONAL SKILLS

email, calendar, to-do lists,
PowerPoint, notetaking,
project management tools

THE PRODUCTIVE MIDDLE

an optimal pattern
of pace and space

MAKING SPACE

PRESENCE AND CONNECTION

engaging in quality in-person interactions
for relationship building and trust

FOCUS AND DEEP THINKING

time to contemplate, reflect deeply,
and think strategically

PATTERNS OF SELF-CARE

unplugging for quality exercise,
mental rest, and reconnection
with loved ones



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PRODUCTIVITY

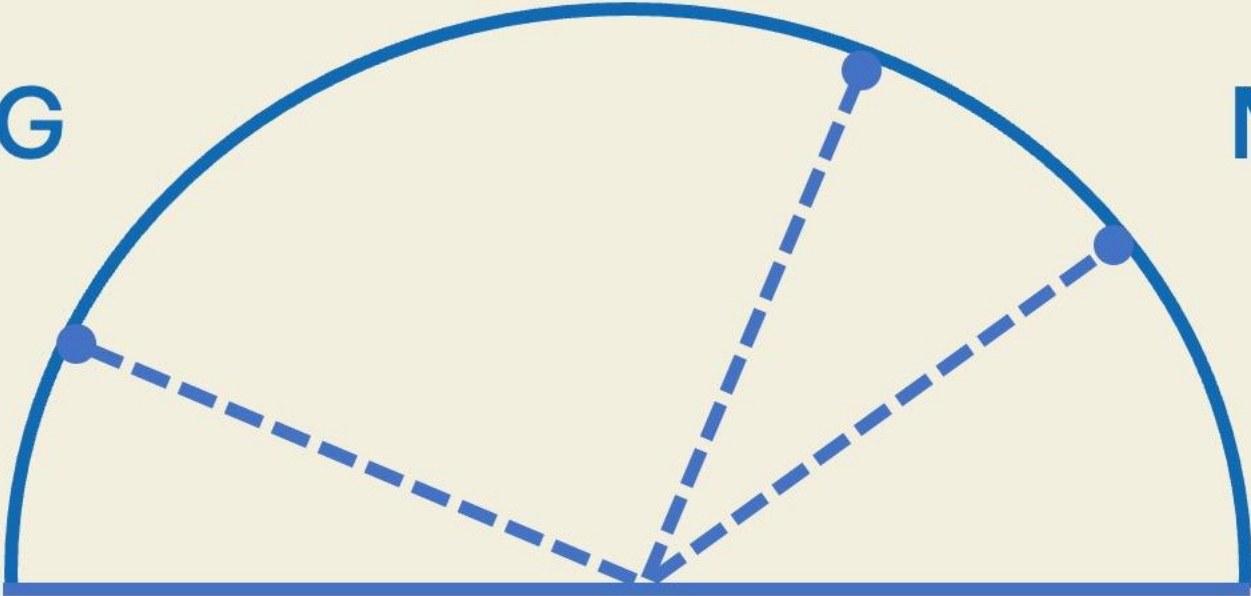
WELLBEING

KEEPING
PACE

MAKING
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AI

OI



What is your experience of **digital overuse** and how is it impacting your work and life?





How would you describe your current rhythm of work and life?



What words describe your personal experience of digital overuse?



What is one digital tool or app that helps you stay on top of your work?

The Paradox of

WISE AI



“AI can save us time, but only wisdom turns that time into meaningful space.”

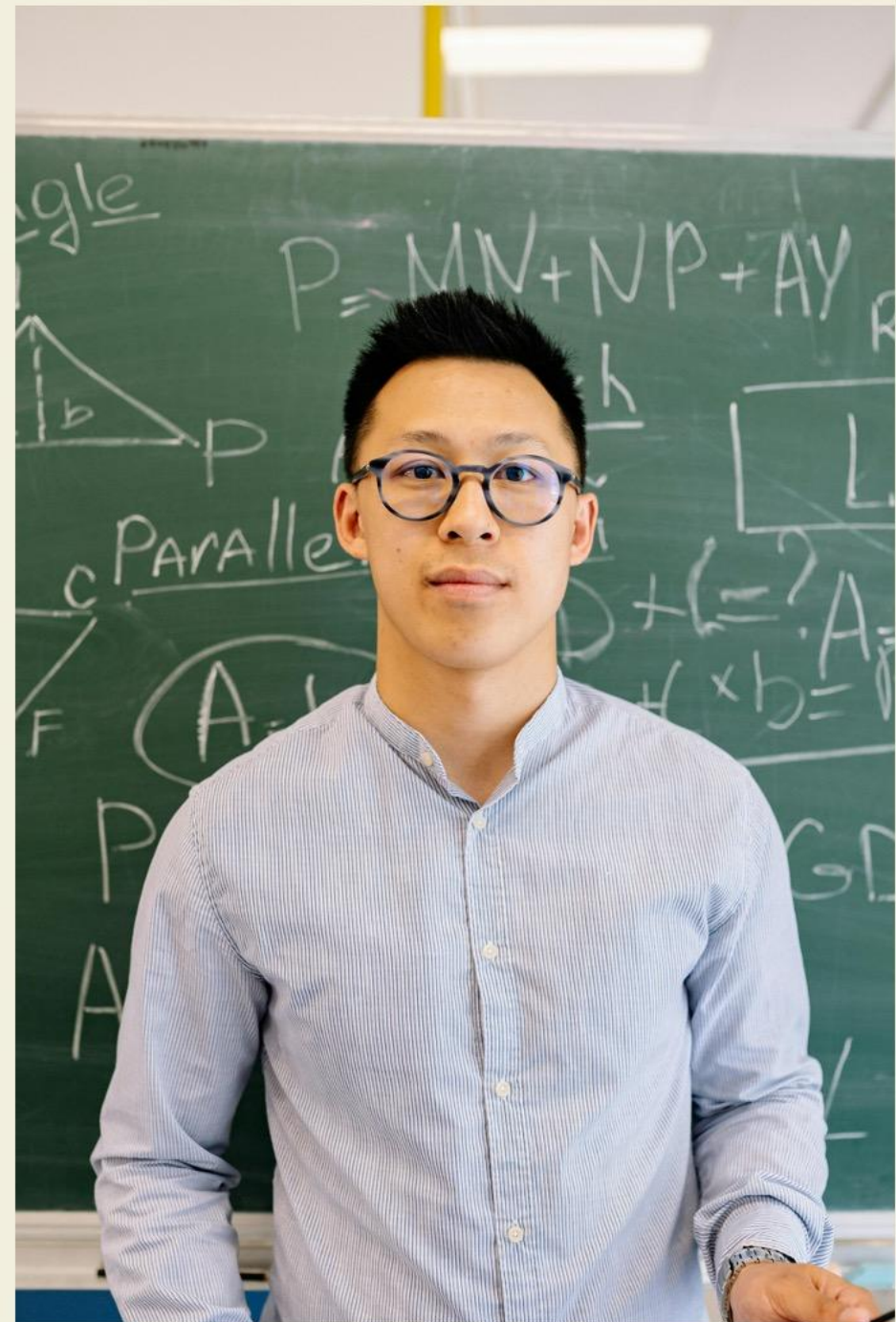
Daniel Sih and Paul Matthews

In Wise AI



APPLICATION FOR TEACHERS

- Lesson planning
- Differentiation
- Comprehension questions for texts
- Creating assessments and rubrics
- Feedback on student work
- Generating classroom resources
- Summarising curriculum and documents



APPLICATION FOR PRINCIPALS

- Newsletter copywriting / editing
- Summarising documents
- Broadening ideas / processing insights
- Summarising meetings
- Creating podcasts / infographics / videos
- Research and literature reviews
- Supporting with policies and procedures



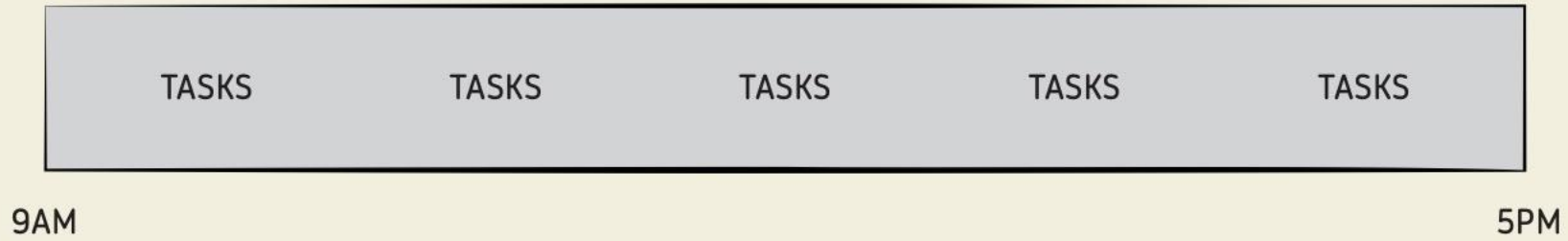
**“AI promises to save time – and it
can on individual tasks.
But will it make your life better...
or busier?”**

Daniel Sih and Paul Matthews

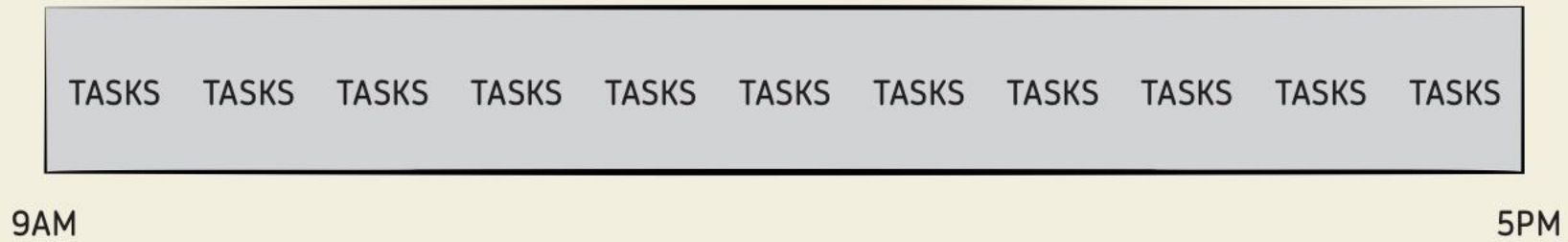
In Wise AI



BEFORE AI



DEFAULT AI



**“AI doesn’t reduce work –
it intensifies it.”**

**“Employees worked at a faster
pace, took on a broader scope of
tasks, and extended work into more
hours of the day, often without
being asked to do so.”**

– A. Ranganathan and M Xingqui

Harvard Business Review 2026



“AI is increasing the speed, density and complexity of work rather than reducing it.”

“AI users spent on average 9% less time on focused, uninterrupted work compared with nonusers.”

– ActivTrak Study, article by R.Smith

Wall Street Journal 2026



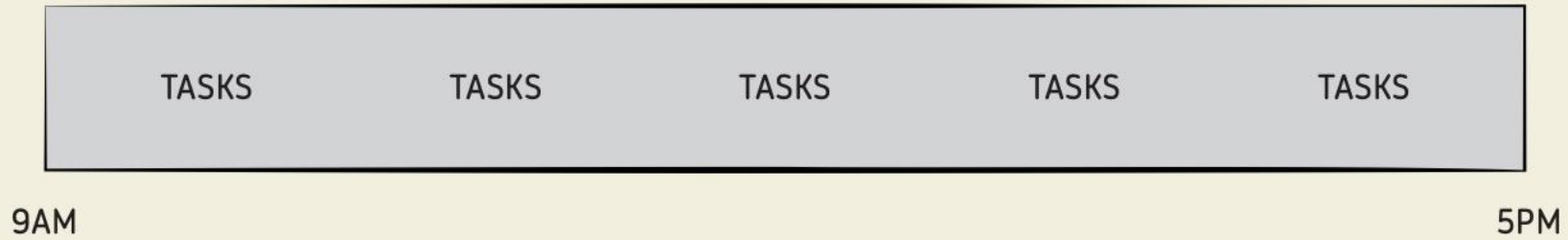
**“AI amplifies your existing
work habits and ways of
working.”**

Daniel Sih and Paul Matthews

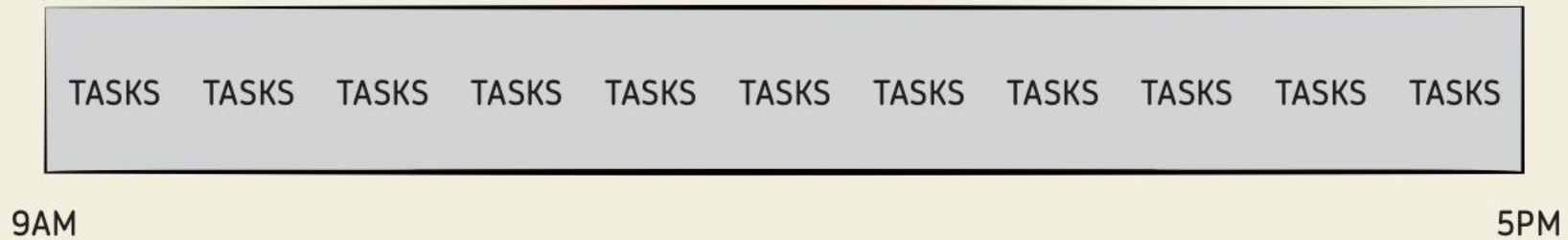
In Wise AI



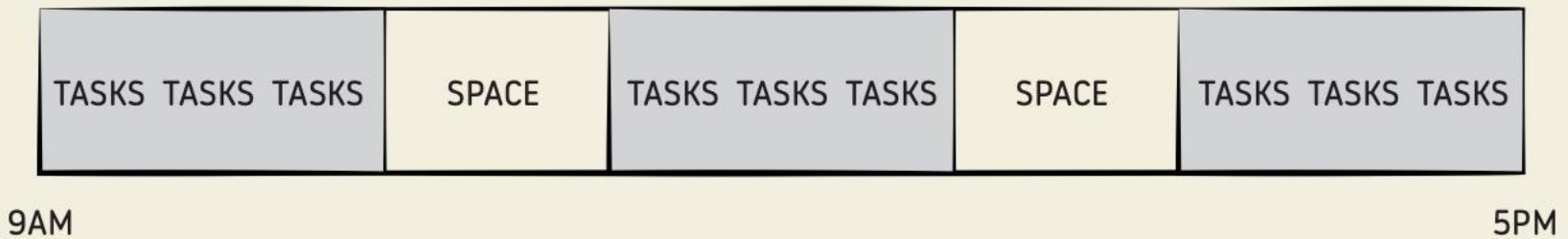
BEFORE AI

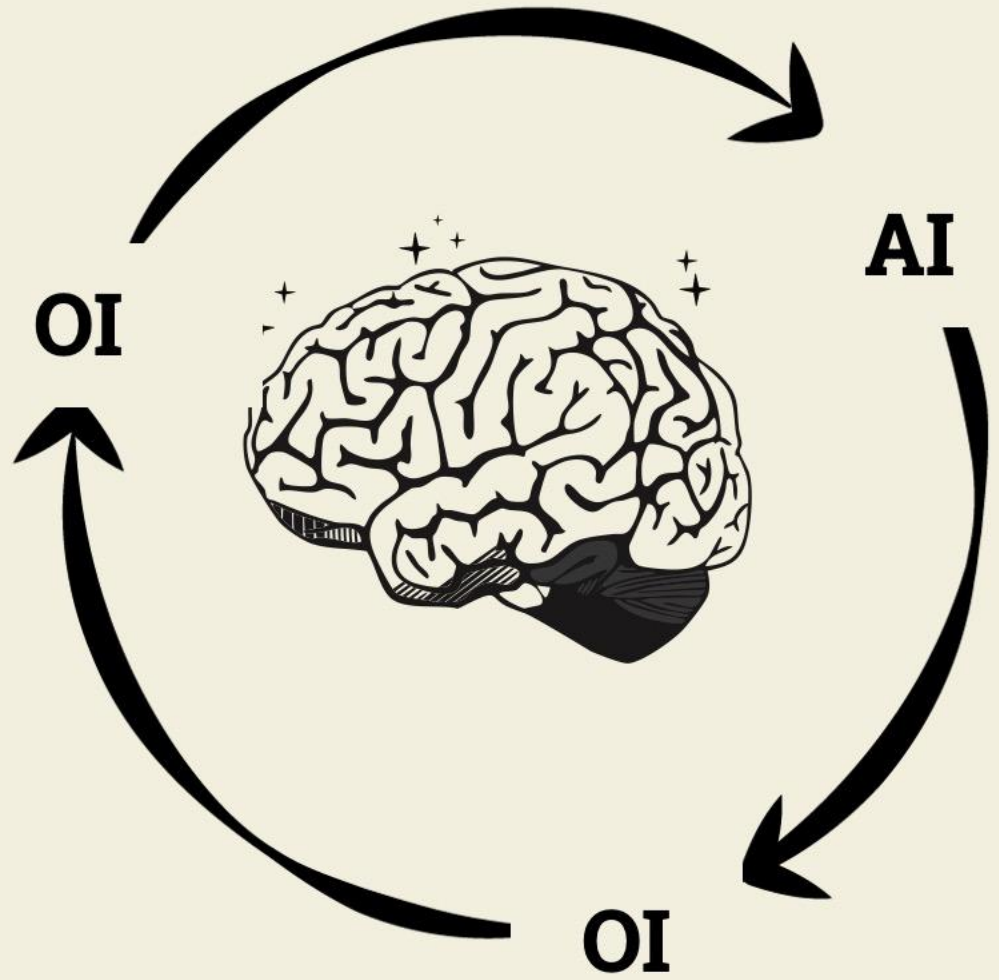


DEFAULT AI



WISE AI







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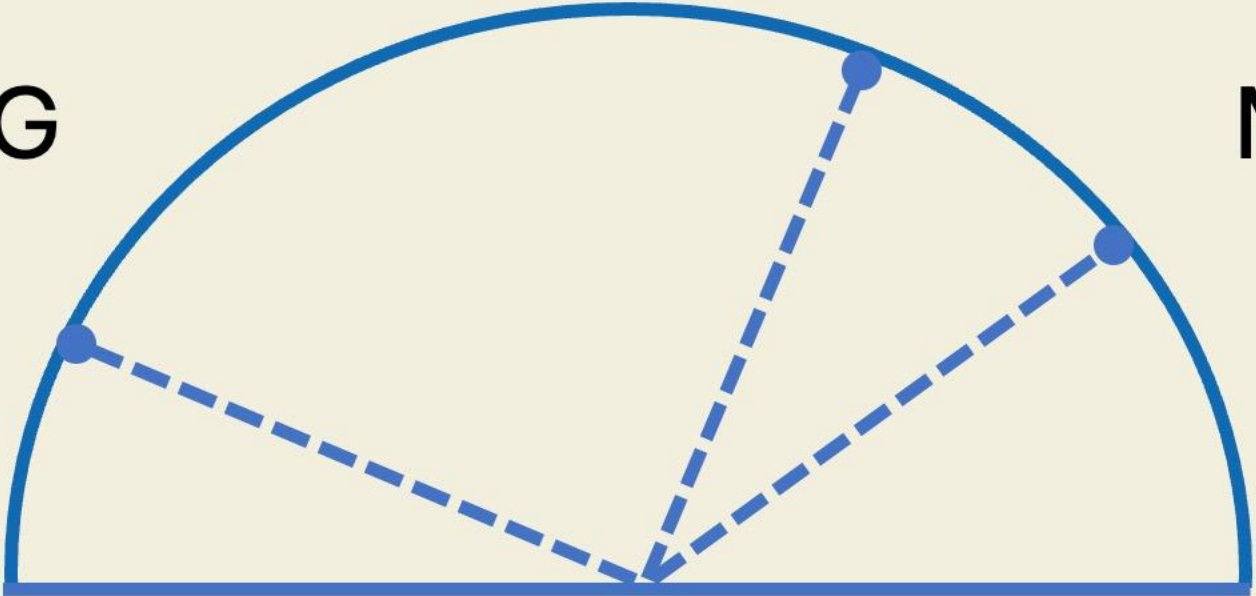
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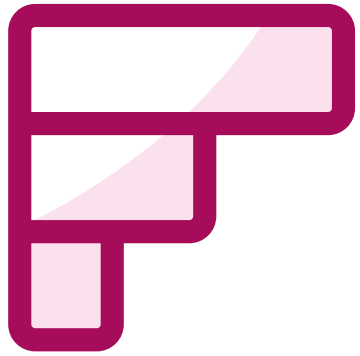
AI

OI





If AI saved you time tomorrow, how likely is it that busyness would simply fill the gap?



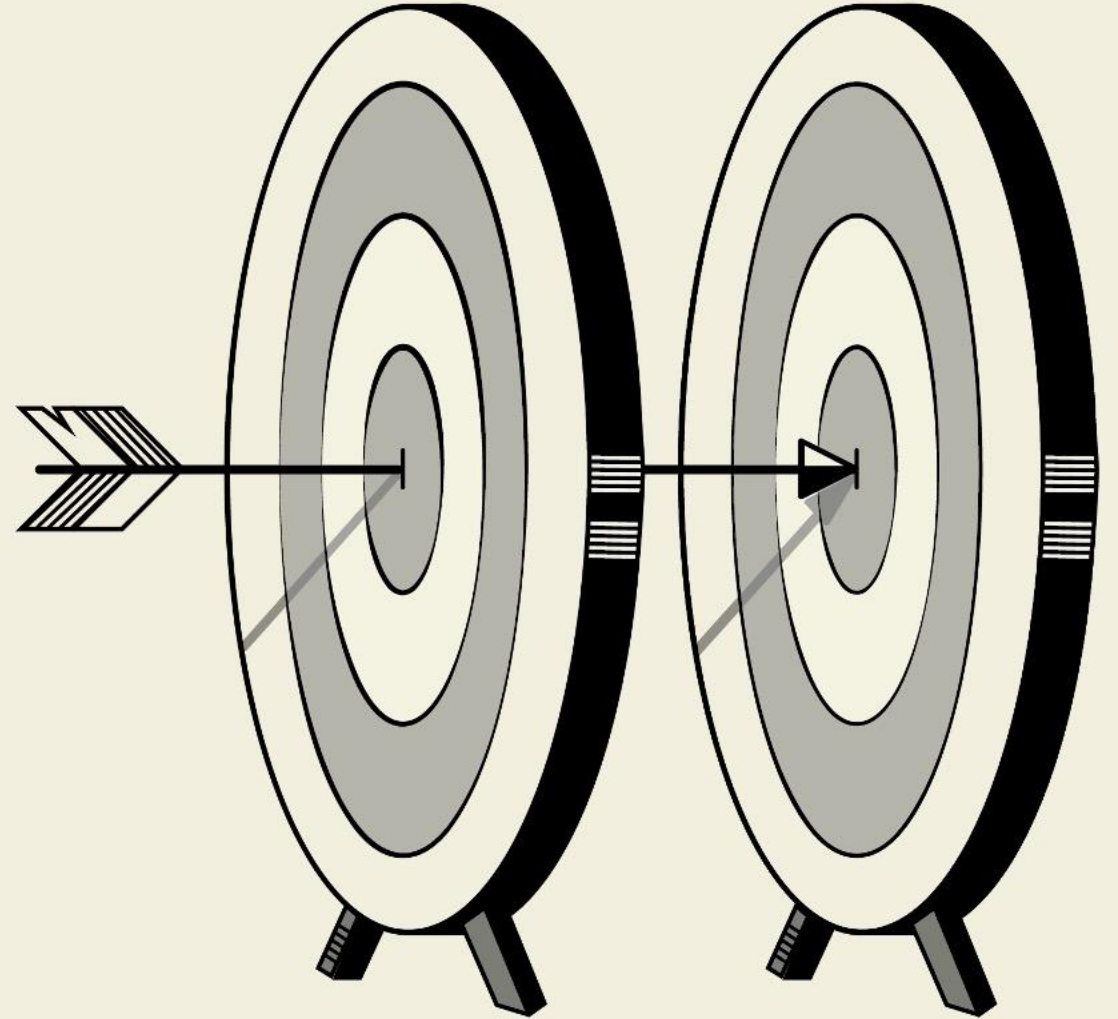
**If AI freed up more time in your week,
where would you most want to invest
it?**

THE CHOICE TO MAKE SPACE



The Goal Behind the Goal

*“If work never slows down,
what is one small experiment
you could do this week to be
a better mum?”*







Making space requires us to embrace both-and thinking in an overflowing glass world – one small step at a time.



What is **one idea or “aha” moment** that stood out to you from this talk?

What is **one small, practical action** you can apply this week?



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SPACE MAKER

HOW TO
UNPLUG, UNWIND & THINK CLEARLY
IN THE DIGITAL AGE

DANIEL SIH

Using powerful technology
in a deeply human way

WISE AI



Daniel Sih
Paul Matthews

'SO SIMPLE, AND YET SO SATISFYINGLY DEEP.'
STEVE BIDDULPH

raising tech-healthy humans



HOW TO
RESET YOUR CHILDREN'S TECH-HABITS AND
GIVE THEM A GREAT START TO LIFE

DANIEL SIH

MAKING SPACE

For sustained productivity
in the digital age

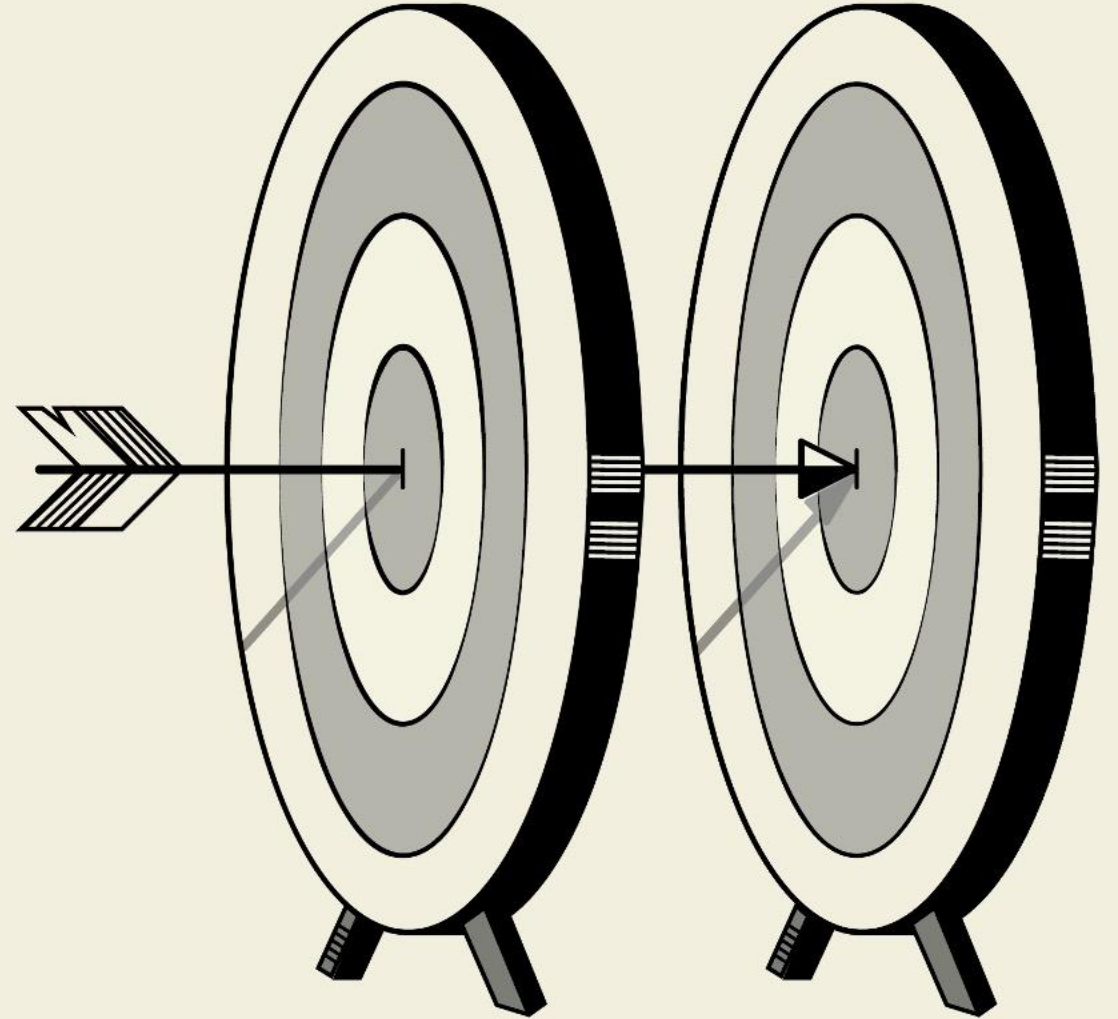


Email Ninja® course:
www.spacemakers.au/qcppa



The Goal Behind the Goal

“If you could get your workload under control, what would you do with the extra time?”



Luddite

Lemming

Learner



AI Paradox

